

WONEWOC MENU

Bernie's Wagon Wheel II
229 Center Street, Wonewoc
464-7217

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 2	August 3	August 4	August 5
Turkey/Swiss/Rye Lettuce Leaf Chef's Choice Soup 3-Bean Salad Cookie	Pot Roast/Gravy Potatoes/Carrots Green Peas Wheat Roll/Butter Bread Pudding	Chicken Wild Rice Casserole Sliced Beets Cornbread/Butter Seasonal Fruit	Budget Cut Day Mealsite Closed
August 9	August 10	August 11	August 12
Herb Baked Chicken With Gravy/Stuffing Green Bean Almondine Wheat Roll/Butter Pudding	Turkey Tetrizzini Broccoli Warm Applesauce 12-Grain Bread/butter Dessert Bar	Roast Pork Mashed Potato/gravy Mixed Vegetables Wheat bread/butter Seasonal Fruit	Fish/Tartar Sauce Baked potatoes California Blend Veg. Potato Bread/butter Seasonal Fruit
August 16	August 17	August 18	August 19
Salisbury Steak/Gravy Oven Brownd potato Squash Wheat Roll/Butter Seasonal Fruit	Hamburger Gravy Mashed Potatoes Mixed Vegetables Potato Bread/Butter Brownie	Furlough Day All Sites Closed	Fish/Tartar Sauce Tator Tots Corn Coleslaw Tropical Fruit Salad
August 23	August 24	August 25	August 26
Boiled Dinner/Ham Carrots/Cabbage/Potato Chilled Peaches 12-Grain Bread/Butter Cookie	BBQ Chicken Augratin Potatoes Green Peas Wheat Bread/Butter Seasonal Fruit	Shredded Beef/Bun Carrot Coins Spring Pea Salad Fruited Jello	Fish/Tartar Sauce Baked potato Chef's Choice Soup Wheat Roll/Butter Seasonal Fruit
August 30	August 31	September 1	September 2
Sloppy Joe/Bun Peas & Carrots Potato Salad Fruit Cobbler	Sliced Turkey Rice Pilaf Broccoli Wheat Bread/Butter Fruited Jello	Furlough Day All Sites Closed	Budget Cut Day Site Closed

Suggested Donation
Congregate Meals (In Center) & Meals on Wheels (homebound)- \$3.75

MENU SUBJECT TO CHANGE WITHOUT NOTICE

MENU FOR

MAUSTON, NECEDAH, CAMP DOUGLAS, NEW LISBON, LYNDON STATION
847-9371 547-3125 427-3287 562-6592 666-2423

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
August 1	August 2	August 3	August 4
Turkey/Swiss/Rye Lettuce Leaf Chef's Choice Soup 3-Bean Salad Cookie	Budget Cut Day No Meals Served	Pot Roast/Gravy Potatoes/Carrots Green Peas Wheat Roll/Butter Bread Pudding	Chicken Wild Rice Casserole Sliced Beets Corn Bread/Butter Seasonal Fruit
August 8	August 9	August 10	August 11
Beef Tips/Gravy over Seasoned Noodles California Blend Veg. Potato Bread/Butter Seasonal Fruit	Herb Baked Chicken Gravy/Stuffing Green Bean Almondine Wheat Roll/Butter Pudding	Turkey Tetrazzini Broccoli Warm Applesauce 12 Grain Bread/butter Dessert Bar	Roast Pork Mashed Potato/Gravy Mixed Vegetables Wheat Bread/Butter Seasonal Fruit
August 15	August 16	August 17	August 18
BBQ Pork/Bun Tator Tots Corn Coleslaw Tropical Fruit Salad	Salisbury Steak/Gravy Oven Browned Potato Squash Wheat Roll/Butter Seasonal Fruit	Hamburger Gravy Mashed Potatoes Mixed Vegetables Potato Bread/Butter Brownie	Furlough Day No Meals Office open
August 22	August 23	August 24	August 25
Chicken Pasta Salad On Lettuce Marinated Beet Salad Chef's Choice Soup Wheat Roll/Butter Seasonal Fruit	Boiled Dinner /Ham Carrots/Cabbage/Potato Chilled Peaches 12 Grain Bread/Butter Cookie	BBQ Chicken Augratin Potatoes Green Peas Wheat Bread/Butter Seasonal Fruit	Shredded Beef/Bun Carrot Coins Spring Pea Salad Fruited Jello
August 29	August 30	August 31	September 1
Chicken Salad on a Croissant/Lettuce Wild Rice Soup Waldorf Salad Chilled Peaches	Sloppy Joe/Bun Peas & Carrots Potato Salad Fruit Cobbler	Sliced Turkey Rice Pilaf Broccoli Wheat Bread/Butter Fruited Jello	

Suggested Donations

Congregate Meals (In Center) & Meals on Wheels (homebound)-\$3.75

Meals Subject to Change with out notice

Mauston Mealsite- Adult Center, Courthouse Annex, 220 E. La Crosse Str.

Necedah Mealsite- Necedah Village Hall, 100 Center Street

Camp Douglas Mealsite- Camp Douglas Village Hall, 304 Center Street

New Lisbon Mealsite- New Lisbon Fire dept. 234 Pleasant Street

Lyndon Station Mealsite- Beagles Bar & Grill, 107 W. Flint Street

ELROY MENU

Grace Lutheran Church
206 Erickson Street, Elroy WI
462-5175

Monday August 1	Tuesday August 2	Thursday August 4	Friday August 5
Ham Salad Sandwich Cheese Slices Bean Soup Crackers Coleslaw Fresh Fruit	Baked Chicken Potato Salad Baked Beans Tropical Fruit Frosted Cinnamon Roll	Meat Loaf Scalloped Potatoes Creamed Corn Apple Rings Dinner Roll/Butter Cake	Budget Cut Day No Meals
August 8	August 9	August 11	August 12
Chicken Breast Stuffing/Gravy Carrots Cranberries Dinner Roll/Butter Mixed Fruit	Ham Boiled Dinner With Vegetables Cottage Cheese Peaches Dinner Roll/Butter Dessert Bar	Hamburger/Bun Onion/Tomato slices Baked French Fries Baked Beans Coleslaw Fresh Fruit	Fish Nuggets with Tartar Sauce Potatoes Peas Dinner Roll/Butter Cake
August 15	August 16	August 18	August 19
Lasagna Tossed Salad/Fr. Dress. Fruit Salad Garlic Bread Brownie	Baked Chicken Mashed Potato/Gravy Broccoli Cranberries Dinner Roll/Butter Tapioca Pudding	Furlough Day All Sites Closed	Baked Ham Sweet Potatoes Spinach Fruit Dinner Roll/Butter Cookie
August 22	August 23	August 25	August 26
Liver & Onions Potatoes/Gravy Peas & Carrots Dinner Roll/Butter Mixed Fruit	Pork Roast Potatoes/Gravy Sauerkraut Applesauce Dinner Roll/Butter Cookie	Creamed Chicken Biscuit/Butter Carrots Cranberries Fruit Pie	BBQ Ribs Augratin Potatoes Green Beans Apple Rings Dinner Roll/Butter Fruit
August 29	August 30	Sept. 1	Sept. 2
BBQ/Bun Hash Browns Mixed Vegetables Pickles Baked Custard	Cook's Choice Meat Potatoes Vegetable Dinner Roll/Butter Dessert		

Suggested Donations
Congregate Meals (In Center) & Meals on Wheels (homebound)-\$3.75

MENU SUBJECT TO CHANGE

August 2011 Schedule

Monday, August 8- Alzheimer Support Group/Caregiver Coalition Meeting at 1:30 p.m. in ADRC. Featured speakers are *Ann June and Michelle Lee*, of Department of Human Services. Speaking on Guardianship and Powers of Attorney For Health Care and Finance.

Tuesday, August 9- April Martell, UW-Extension Coordinator will give program in Juneau County Adult Center, Mauston at 11:30 a.m.

Wednesday, August 10- April Martell will give program at Beagles Bar & Grill, Lyndon Station at 11 a.m.

Thursday, August 11- April Martell will give programs at Camp Douglas Village Hall at 11:05 a.m. then in New Lisbon Mealsite at noon.

Friday, August 12- April Martell will give program at Bernie's Wagon Wheel II, Wonewoc at 11:30 a.m.

Monday, August 15- Committee on Aging and Disability Meeting in Room 1 of Juneau County Courthouse, Mauston, Wisconsin at 9:30 a.m.

Tuesday, August 16- April Martell will give program at Grace Lutheran Church, Elroy at 11:30 a.m.

Wednesday, August 17- Sunday, August 21- Juneau County Fair at the Fairgrounds on Highway 58 south of Mauston.

Wednesday, August 17- Nutrition Project Council Meeting in Room 1 of Juneau County Courthouse, Mauston at 9:30 a.m.

Thursday, August 18- No Meals served at any of the mealsites because of County Furlough Day, ADRC Office is open though.

Friday, August 19- ADRC Office is closed due to County Furlough Day.

Tuesday, August 23- April Martell will give program at Necedah Village Hall at 11:30 a.m.

MILE BLUFF MEDICAL CENTER DATES

Autism Support Group-For more information, call 847-1285. This group offers support services to families of children with Autism. They meet **Tuesday, Aug 16** at 7 p.m. in Mile Bluff Medical Center in Mauston.

AA Group-For more information call 847-6878 or the AA Hotline at 608-222-8989 Meetings take place at Mile Bluff Medical Center in Mauston and are closed with no smoking. They are on **Sundays at 6 p.m. and Mondays at 7:30 p.m.**

AL-ANON Group- For more information call 562-5611. They meet **Mondays** at 7:30 p.m. in Mile Bluff Medical Center, Mauston.

Gambling Anonymous Group- For more information Call Arlene at 847-6893.

Narcotics Anonymous Group-If interested in meetings or NA Resources Call Dennis at 608-562-6223 or 547-2533.

Social Services Outpatient Counseling- *For more information call 847-1838.*

Group and individual counseling services are available in Mauston and Lake Delton.

Look Good- Feel Better-*For more information and to register call 847-9877.*

Ladies currently receiving cancer treatments are invited to attend this free session. Cosmetologists will teach beauty techniques to combat the appearance related side effects of treatments. On **Monday, Aug. 1-** 1-3 p.m. at Mile Bluff Medical Center, Mauston.

Health Fairs- *Appointments are required for all tests.* FREE heart disease and diabetes risk assessments. FREE blood sugar and blood pressure screenings. FREE hearing tests (8-11 a.m. only) Total Cholesterol tests (no fasting) for \$10 or lipid profile tests (12 hour fasting) for \$20. Refreshments & door prizes. On **Thursday, Aug. 11,** 7-11 a.m. Mile Bluff Medical Center, Mauston Call 847-1845 & **Thursday, Aug.18,** 7-11 a.m. Mile Bluff-Necedah Family Medical Center, call 608-565-2000.

Golf Outing Fundraiser- *For more information, registration forms, or to inquire about sponsorship/donation opportunities. Call 847-1439.* Teams are now forming for Mile Bluff Medical Center Foundation **August 11** golf outing fundraiser. As a bonus, if you get a hole-in-one, you will win a FREE car from Kudick! All proceeds from the event will benefit the health of the community. Space is limited and registration deadline is Friday, July 29. On **Thursday, August 11,** Castle Rock Golf Course, W3285 Welch Prairie Rd, New Lisbon, Registration at 11 a.m. Shotgun Start at noon. Reception (social time & dinner) at 5:30 p.m., Banquet, Awards and raffles -7 p.m.

Kim Corbin Presentation- *For more information and to reserve your spot, Call 847-2377.* Join the tenants of Terrace Heights Retirement Community in welcoming Kim as she presents pieces from her tie and scarf collection. On **Tuesday, August 16,** 2 p.m. in Terrace Heights Retirement Community.

Screenings at Juneau County Fair-Visit Mile Bluff's booth for free blood pressure and blood sugar screenings. Total cholesterol tests are also available for \$10. No fasting is required.

Diabetes Presentation & Fair- *For more information and to register, call 847-1845.* Attend the "ABC's of diabetes care" presentation followed by an educational diabetes for that includes blood pressure checks, refreshments and door prizes and features booths on nutrition, glucose monitoring, insulin and complication warning signs. On **Tuesday, Aug. 30,** 2 p.m. at Mile Bluff Medical Center, Mauston.

SPOTLIGHT ON SOCIAL SECURITY

August, 2011

Questions & Answers about Social Security

By Ken Hess, Social Security Public Affairs Specialist for Wisconsin.

Question: What should I do if an employee gives me a Social Security number but cannot produce the card?

Answer: Seeing the card is not as important as putting the correct information on the worker's Form W-2. You can verify employee Social Security number by using the Social Security Number Verification Service. Just go to

www.socialsecurity.gov/bsv. This online service allows registered employers to verify employee Social Security numbers against Social Security records for wage reporting purposes. If the employee recently applied for a Social Security number but does not yet have a card when you must file the paper Form W-2, enter the words "Applied for" on the Form W-2. If you are filing electronically, enter all the zeros (e.g. 000-00-0000) in the Social Security number field. When the employee receives the card, file Copy A of Form W-2C, *Corrected Wage and Tax Statement* with Social Security to show the employee's number.

Question: How can I estimate my retirement benefit at several different ages?

Answer: It's easy! Use our *Retirement Estimator* at

www.socialsecurity.gov/estimator to get a retirement benefit estimate based on current law and real time access to your earnings record. The *Retirement Estimator* also lets you create additional "what if" retirement scenarios to find out how changes in your situation might change your future benefit amount. It's also available in Spanish at www.segurosocial.gov/calculador.

Question: If both my spouse and I are entitled to Social Security benefits, is there any reduction in our payments because we are married?

Answer: No. We calculate lifetime earnings independently to determine each spouse's Social Security benefit amount. When each member of a married couple meets all other eligibility requirements to receive Social Security retirement benefits, each spouse receives a monthly benefit amount based on his or her own earnings. Couples are not penalized because they are married. If one member of the couple earned low wages or failed to earn enough Social Security credits (40) to be insured for retirement benefits, he or she may be eligible to receive benefits as a spouse based on the spouse's work record. Learn more about spouse benefits at www.socialsecurity.gov/retire2/yourspouse.htm.

Ken Hess is the Public Affairs Specialist for Northern Wisconsin. You can contact Ken at 2213 8th Street South, Wisconsin Rapids, WI 54494 or via email at Kenneth.hess@ssa.gov

45 Years Later

Medicare Still Worth Fighting For

By Congressman Ron Kind

This month marks the 45th Anniversary of one of the most successful programs ever created in this country. Medicare provides guaranteed, affordable healthcare for 39 million seniors, including 110,000 in western Wisconsin. Not only did Democrats create Medicare, but they have also fought vigorously to protect, preserve and strengthen Medicare benefits.

As important as this program is, my colleagues across the aisle have continually tried to destroy it. Most recently, Budget Chairman Paul Ryan's plan would do away with traditional Medicare for everyone under age 55 and replace it with a voucher program—forcing seniors to find health care for themselves, re-opening the donut hole, and doubling out of pocket health expenses. The nonpartisan Congressional Budget Office (CBO) states that the GOP plan would cause seniors to “bear a much larger share of their health costs than they would under the traditional program” and would increase the typical senior's costs by more than \$6000. I reject this approach.

Just as Medicare has been kept secure for the last 45 years, it can be kept secure for years to come. The Affordable Care Act works to improve our health care delivery system so that all health care, including guaranteed Medicare benefits, is more integrated, coordinated and patient focused. To reduce health care costs, we don't need to make dramatic cuts to Medicare that destroy the program as we know it; we need to reform our health care system to pay for the value of care given and not the volume of care. This is how health care providers in Wisconsin are providing better care at a better price. And this is how we can increase efficiency and ensure affordable health care coverage for years to come.

Exposure to Extreme Heat

Is it getting hotter or What!

Dehydration and heat stroke are common heat related diseases that can be life threatening if left untreated.

Heat-related illness occurs when the body's temperature control system is overloaded. The body normally cools itself off by sweating. But under some conditions, sweating isn't enough and a person's body temperature rises rapidly. Very high body temperature may damage the brain or other vital organs. When both the temperature and humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Old age, youth (age 0-4), obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn and prescription drug and alcohol use are other risk factors for heat-related illness.

Heat Stroke and Heat Exhaustion

Heat stroke is the most serious heat-related illness. When the body is unable to control its temperature, it rises rapidly and sweating mechanisms fail. Body temperature may rise to 106°F or higher within 10-15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Heat exhaustion is less severe, more common, and occurs when the body becomes severely dehydrated. If left untreated, it leads to heat stroke.

Signs of Heat Stroke

- Extremely high body temperature (above 103°F)
- Red, hot, dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

These are signs of a life-threatening emergency. **Have someone call 911** while you begin cooling the person:

- Get him to a shady area
- Cool him rapidly, however you can. Immerse him in a cool tub of water or shower; spray him with cool water from a garden hose; sponge him with cool water; or, if the humidity is low, wrap him in a cool wet sheet and fan him vigorously.
- Monitor body temperature; continue cooling efforts until body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the ER for further instructions.
- If he is conscious and able to swallow give cool water or other nonalcoholic, decaffeinated beverages.

Stay Hydrated, Stay Safe

- **Drink-** Drinking plenty of water is the key to staying healthy in the heat. During hot weather; drink more liquid than your thirst indicates. Increase fluid intake, regardless of activity level. Avoid drinks containing alcohol, caffeine and sugar because they actually cause you to lose more fluid. *If a doctor limits fluid intake, make sure to ask how much to drink when it is hot.*
- *Keep drinks cool, not cold, which causes stomach cramps.*
- *Wear loose clothing* Which helps air to circulate around your skin, allowing sweat to evaporate and cool your body.
- *Stay out of the sun.*
- *Wear a hat, sunglasses and sunscreen.* Sunburned skin hampers your body's ability to cool off.
- *Know the symptoms:* Symptoms of *heat exhaustion* include fatigue, weakness, nausea, vomiting, headache, dizziness, muscle cramps and irritability. If you notice any of these symptoms, take a break and drink water.

It's As Simple As a Glass of Water

All older adults are at risk for dehydration, but this risk increases for people with Alzheimer's. Besides forgetting to drink, people with Alzheimer's may not be able to communicate their needs or have difficulty swallowing. If they are incontinent, they may avoid fluids. A major cause of emergency room visits for frail or demented older adults is dehydration.

TIP –Use a Buddy System

Heat-induced illness can cause a person to become confused or lose consciousness. People who are 65 or older should have a friend or relative check on them twice a day during a *heat wave*.

Dehydration

Dehydration occurs when the body loses too much fluid. This can happen either when a person doesn't drink enough, or when she loses large amounts of fluid through diarrhea, vomiting, sweating or *exercise*. A *severely dehydrated* body no longer has enough fluid to get blood to vital organs. This can cause *shock*, a life threatening condition. Because elderly people don't feel thirst as much, make a special effort to provide the person in your care with enough fluids. Her fluid balance can be affected by medication, emotional stress, exercise, nourishment, general health and weather. Dehydration, especially in the elderly, can increase confusion and muscle weakness and cause nausea. Nausea, in turn, will prevent her from eating or drinking causing more dehydration.

Older adults can become dehydrated because they may:

- Have kidneys that do not work well
- Choose not to drink because of *incontinence*.
- Have physical problems that make it hard to drink or hold a glass, find it painful or exhausting to walk to the bathroom or difficult to communicate.
- Take *medicines* that increase urine output.

Taking Care of Yourself--- Managing Anger

Anger occurs when we perceive something is unfair. Anger is at the heart of at least 80% of the problems for which people seek professional therapeutic advice. Sometimes we are aware of angry feelings. Other times, we are not, and the feelings show up as muscle tension, headaches, pain or high blood pressure. Controlled breathing is a quick way to strengthen your self-control so that you can reduce the intensity of your anger. If anger is affecting your well-being and those around you:

- Find a physical outlet like walking, yoga, swimming or housework.
- Use a positive self-talk and write about your feelings in a journal.
- Practice seeing humor in situations instead of feeling resentment.
- Call a sympathetic friend to talk through your feelings.
- Seek professional counseling.

Inspiration- *Knowing life is short, how can we quarrel? Buddha*

Don't Fall—Be safe

During hot weather we need to drink more water. Is the path from your bed to the bathroom dark? Put in a night-light so you can see where you're walking.

Note- Find Air Conditioning

Air conditioning is one of the best protections against heat related illness and death. Visit senior centers, movie theaters, libraries or malls to cool off—even a few hours helps reduce the effects of heat exposure. Electric fans may provide comfort, but when the temperature is above 90, fans will not prevent heat-related illness. A cool shower or bath, or moving to an air conditioned place is a much better way to cool off.

The Safety Net for Aged, Blind, Disabled People With Limited Income & Resources

By Karyl Richson, Social Security Public Affairs Specialist in Milwaukee, WI

There's a safety net out there for those who might otherwise slip through the cracks. It's called Supplemental Security Income (SSI). Administered by Social Security, SSI makes payments to people with limited income and few resources who are ages 65 or older, blind or have a disability.

Funding for the SSI program comes from the general revenues of the U.S. Treasury, not from the Social Security payroll taxes.

When we consider people's income, we count things such as wages, Social Security benefits and pensions. However, Social Security does not count all of your income when it decides whether you qualify for SSI. For example, we don't count food stamps or most home energy assistance.

Resources we count in deciding whether you qualify for SSI include real estate (other than the home you live in) bank accounts, cash, stocks and bonds. A person with resources worth no more than \$2000 may be able to get SSI. The resource limit is \$3000 for couples.

To qualify for SSI, you must live in the United States or the Northern Mariana Islands and be a U.S. Citizen or National. In rare cases, noncitizen residents can qualify for SSI. If you live in certain types of institutions or live in a shelter for the homeless, you may qualify for SSI.

People with blindness or disability who apply for SSI may be able to get free special services to help them work. These services may include counseling, job training, and help finding work. The monthly maximum Federal SSI payments is the same nationwide and amounts to \$674 for a person and \$1,011 for a married couple. However the amount you receive on factors such as where you live, your living arrangements, and income. Some states also supplement or add money to a Federal payment.

To learn more about SSI, read the online publication, *You May Be Able To Get a Supplemental Security Income (SSI)* at www.socialsecurity.gov/pubs/11069.html or visit the SSI page at www.socialsecurity.gov/ssi. Or call us toll free at 1-800-772-1213 (TTY 1-800-325-0778).

If you are too disabled to work but haven't paid enough into Social Security to qualify for benefits on your record, SSI may be the program to help you.

People with A Disability can get a Ticket to Work

By Karyl Richson, Social Security Public Affairs Specialist in Milwaukee, WI

Millions of Americans receive disability benefits from Social Security and there could be good news for many of those who want to work. A free and voluntary program called Ticket To Work gives individuals who receive Supplemental

Security Income (SSI) or Social Security Disability benefits access to meaningful employment while maintaining control over benefit choices.

Ed Bairos, a farmer and mechanic, went back to work he loved with the help of the Ticket To Work program. He began receiving Social Security disability benefits after suffering from a severe arthritis, complicated by a knee injury that would require 20 surgeries. He was concerned about losing the cash payments and health he needed to survive and worried that employers might not want to hire him.

Then Bairos learned about the Ticket To Work program when he received a notice in the mail from Social Security. The notice was a “ticket” that Bairos could use with an employment network of his choosing. Employment networks are organizations that offer specialized services such as career counseling, Job search assistance, vocational rehabilitation and training. Bairos decided to use his ticket with an employment network and return to work. He continued to receive health care and cash benefits because of work incentives, which are special considerations that make it easier for beneficiaries to explore whether going back to work is right for them.

Pleased with Bairos’s industry knowledge and skills as a farm manager, his employer gave him a promotion and a raise. Now he is self sufficient, working for another division within the company.

Bairos earns more money than he would have by relying solely on disability benefits. By using his ticket, Bairos medical reviews were put on hold and he is eligible to receive Medicare coverage for up to 8 ½ years after discontinuing his disability payments.

“Returning to work has made me whole again, especially being able to work in the area that I love. My self-esteem was at it’s lowest when I wasn’t working and on disability. Returning to work not only improved my self-worth but also my financial wealth. The Ticket To Work program and the ability to keep my Medicare was the reason I was able to return to work,” he said.

If you receive Social Security or SSI benefits due to disability, are between 18 and 64 years and want to work, getting started is easy.

Visit www.socialsecurity.gov/work for more information on the Ticket to Work program and work incentives. You may also call (866) 968-7842 (TDD (866) 833-2967) to learn how going back to work may affect your benefits.

Share The Health

Centers for Medicare & Medicaid Services

National Prevention Outreach & Education Campaign

Sharing the News about Medicare's Preventive Services

Did you know that as a result of the Affordable Care Act, Medicare now covers a yearly wellness visit and many preventive screenings and services? Preventive services like these can find health problems early, when treatment works best. These services can also help you from getting certain diseases or illnesses.

Take Advantage Of Your Yearly Wellness Visit

If you have Medicare, the yearly wellness visit is your opportunity to talk with your doctor to make sure you're getting the care you need, including a review of any prescriptions you are taking. At this visit, you and your doctor can do the following:

- Review your medical and family history
- Create a list of your current providers and prescriptions
- Take height, weight, blood pressure and other routine measurements
- Create a screen schedule for appropriate preventive services for you
- Create a list of risk factors and treatment options for you

Get Discounts on Prescription Drugs

If you have Medicare Prescription Drug coverage and you're in the donut hole during 2011, you get a 50% discount on covered brand name prescription drugs you buy at the pharmacy or order through the mail. This benefit helps make your prescription drugs more affordable so you will take them as prescribed to stay healthy.

Keep You and Your Friends and Family Healthy

The best way to stay well is to live a healthy lifestyle. You can be healthier and prevent disease by exercising, eating well, keeping a healthy weight and not smoking. Getting preventive services you need is just another way of taking good care of your health. Tell your friends and family with Medicare about them, too. Because when you share the news, you share the health.

Need More Information?

- Visit www.MyMedicare.gov to see descriptions of covered preventive services and track the services you get
- Call 1-800-MEDICARE (1-800-633-4227) TTY users should call 1-877-486-2048

This information prepared by the U.S. Department of Health & Human Services.

LEEPS – Language Enriched Exercise Plus Socialization

LEEPS will match people with Alzheimer's disease to a volunteer from their community who will exercise with them and accompany them on outings in the community for volunteer activities and social enjoyment.

LEEPS is a research project intended to replicate the successful study performed at the University of Phoenix using the same methods. The study showed people with Alzheimer's disease who participated experienced improved physical fitness and mood.

Family caregivers of people with Alzheimer's disease can also benefit from the **LEEPS** program by taking advantage of the time the participant spends with the volunteer to rest and refresh, or complete tasks that are easier to do alone.

LEEPS is a program for people with mild to moderate Alzheimer's disease. To participate, you need to:

- Be a resident of Crawford, Grand, Green, Iowa, Juneau, Lafayette, Richland, Rock or Sauk counties.
- Live in your home or the home of a family member.
- Be willing to go on outings with a community volunteer
- Be able to perform simple exercises twice a week
- Be able to follow verbal directions and participate in conversation.

What will I do if I enroll in LEEPS?

- An individualized exercise program will be developed for you in your home or other setting of your choice.
- A volunteer will be matched with you to accompany you in exercising once a week.
- The volunteer will also accompany you once a week to participate in volunteer work or social activity.
- You will also be encouraged to exercise with a family member or friend at least once a week.
- You and your volunteer will work together to decide where and when you would like to exercise and go on outings.

Location

Program services are available in a variety of settings, including the individual's home. Outings into the community are also an important part of the LEEPS program.

The LEEPS program is available in Crawford, Grant, Iowa, Juneau, Lafayette, Richland, Rock or Sauk Counties. Call today to find out how you can participate.

ADRC of Southwest WI

Crawford, Grant, Iowa, Juneau, Lafayette, Richland, Rock or Sauk Counties
Toll Free- 877-794-2372

Alzheimer's Support Center- Rock County
608-314-8500

Cost

There is no cost to participate in the LEEPS program.

August Birthdays

August 2- Elsie Lynn

August 3- John Southworth

August 7- Edna Mae Slade

August 14- Ethel Mae Baldwin

August 18- Bud Koneman

August 25- Mildred Otto

August 3- Alyson Janke

August 6- Kierstan Schmid

August 10- Shirley Craine

August 17- Greg (Chopper) Swenson

August 20- Carol Gross & Shirley Demaske

August 28- Lillian Jorgenson & Jackie Zenke

August 3- Ellen Johnson

August 7- Dean Walsh

August 14- Bill Zenk